MAN SHOULD LIVE TO BE 200 YEARS OLD

To Do This, However, He Must Subsist Largely on Fruit and Avoid Flesh as Much as Pos-

all humanity could complete a couple of cen- practice. He had only shut the animal up turies of existence upon this globe.

'I believe the time is coming," said Mrs. Densmore, on her recent visit to this country, "when it will be as great a disgrace to exclusively of fruit." the abominable liquor habit."

the abominable liquor habit."

Not only does the Natural Food Society claim that their propaganda will insure health, vigor and old age for man beyond twice the supposed natural span of life, but The Natural Food Association issues a twice the supposed natural span of life, but the period of her youthful charms extended the celebrated zoologist, Haercticus,

These attractive desideratums, however, man is a fruit eater of high degree. are only to be obtained by a sweeping revolution in all our ethics of eating. The timelife" must be abandoned. The new society mammals are, generally speaking, divided of food reformers claim that the hitherto into carnivora and herbivora, more strictly staple commodity of every-day life would be speaking, into insectivora, carnivora, herbibetter named the staff of death, and that the vora, frugivora and omnivora; and, in order household loaf and its kindred are the aut to determine whether any animal species thors of nearly all the ills that flesh is pertains to either class, observations must

ture and cattle-breeding will gradually the organs of sense, whereby their proper cease, and "no longer will the logical sequence of a cereal diet denude the earth of trees, but a food which involves the planting of orchards and the restoration of the earth

advocates' doctrine is that man is essen-fings long, to seize their prey and tear finily a fruit-eater, and has merely by force. Its fiesh. Herbivora have fully developed

frugivorian diet, it is claimed that his span as their prototype, have all their teeth com of life would be more than doubled, and paratively very evenly developed from the

"Not only will the chemists and drug strongs, so far as the preparation and safe of drugs and remedies are concerned, be done saw with" and the confidence of the confidence o with," says Dr. Densmore, quisitely similar to those of the frugivora. "but sending for a physician for any other purpose than for surgery will be unknown." of flesh eaters is small, and in shape almost

nade on soldiers, and with inmates of pubfood in the twenty-four hours are requisite to keep up weight and strength. Of this, nearly seventeen ounces must be carbona- stinctively directs the animals to the food ceous, or heat-giving; about four onnees natural and proper for them. nitrogenous, or that which is intended for the support of the muscular action, and less animal, have sparkling eyes. Swift and Franklin than an ounce of the phosphatic, to support the brain or nervous system, and a small with one bound they fall upon their unwary

All of these are found happily combined in fruit.

"If bread be analyzed, after its water has been evaporated, it is found that nearly 70 per cent is composed of starch; and the purpose that this subserves in the system is to keep up the heat of the body. It is well-known to physiologists that while it remains in the condition of starch it is non-absorbable and nonassimilable by the system. It only becomes food when it is converted by the digestive process first into dextrine and then into glucose.

"If fruit be analyzed, it will be found"

Ad not sparkle with blood thirstiness at the sight of bullocks, sheep or pigs.

"The herbivora, guided by smell and vision, has nothing in common with the carnivora or herbivora, but with the fruglyora, inasmuch as the undefiled, undemoralised instinct of man against the smell and sight of flesh or blood.

"If fruit be analyzed, it will be found"

To man the sight and smell of thirstiness at the sight of bullocks, sheep or pigs.

"The herbivora, guided by smell and vision, has nothing in common with the carnivora or herbivora. BALDWIN HOUSE.

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CATSKILL MOUNTAINS.

Three harboras as their fellow animals in search of grass as their natural food. Here, again, man, according to his smell and vision, has nothing in common with the carnivora or herbivora. But with the fruglyora, inasmuch as the undefiled, undemoralised instinct of man against the smell and sight of flesh or blood.

"If fruit be analyzed, it will be found."

To man the sight and smell and vision, has nothing in common with the carnivora or herbivora.

BALDWIN HOUSE.

Charming location, hear atket, pleasant rooms; excellent table; boating and ishing; coording to their fellow animals in search of grass as their fe

"If fruit be analyzed, it will be found that a large portion is carbonaceous, like the starch in the bread. In dried figs there is about 68 per cent of glucose, or twice as much as in bread. Dates and bananas are similarly rich in this carbonaceous element,

dates and bananas to obtain all the nour-Ishing elements of a full meal, and to have, in addition, a food rich in healthgiving acids and filled with the most whole-

"When we add to this the incontestible physiological fact that the heat-giving nourishment which fruit contains is prepared by nature in the form of glucose, ready for assimilation as soon as it is swallowed; whereas, bread, cereals and all starchy vegetables must undergo a protracted and vital force-wasting digestion before their nourishment is converted into this same glucose, we perceive an overwhelming demonstration of the superiority of fruit over cereals as the staff of life." Mrs. Helen Densmore, in speaking of

this country, said;
"I have found the Americans at once
the best and the worst eaters. The best because of the lavish prodigality with because of the lavish prodigility with which their tables are spread. The worst because they eat a lot too much. The quantity as well as the quality of modern food has limited man's life and let loose upon us every disease known to mankind. Breakfast of any kind is a mistake, but American breakfasts are an outrage on common sense.

"A back John Dall lately retained from Colean Grove House, one mile from station; large, alty rooms; plenty shade; free transportation to and from station; terms, cheap, on application. Address M. M. Carney, South Fallsburg, Sullivan County, N. Y.

OCEAN GROVE HOUSE.—One mile from station; large, alty rooms; plenty shade; free transportation to and from station; terms, cheap, on application. Address M. M. Carney, South Fallsburg, Sullivan County, N. Y.

"In America they serve you three dinners a day; one early in the morning, one

at dinner time and one for tea.' 'A man should only break his fast when he has a good, honest appetite, and that is rarely until some hours after rising. A failing appetite is a petition from nature mous quantities he has been used to he takes pick-me-ups and creates a false appetite. The poor, tired stomach goes bravely to work again under the artificial prop, but collapse is sure to come All Ferry, ne that is needed is an absolute fast until a \$4.50 to

According to the Natural Food Society, of London, Engiand, all men should and could like to be two hundred years old.

"A lady's pampered pet dog once fell sick and lost its appetite. In sore distinct to a dog doctor, who The founders of this new fad, Drs. Emmet guaranteed to cure it in three days. When and Helen Densmore, hold that the prime of he brought it home it had no longer to be life should be from the eightieth to the tempted with dainty morsels. It would hundredth year, and that but for our blind eat anything with evident enjoyment. The disobedience of the laws governing nature, clever doctor now runs a large fashionable

in a stable and fed it upon air.
"The Densmore method is to take bu

try, "when it will be as great a disgrace to
be ill as to be drunk. Intemperance in food
has done as much to curse humanity as
the abominable liquor habit."

Although of comparatively recent birth,
the society presided over in London by
Dr. Emmet Densmore and bis wife is al-

it claims that by a proper method of living a woman's beauty may be enhanced, and The latest number contains an article by Breslau, in which it is sought to prove that

"Animals are classified according to the onored aphorism that "bread is the staff of kind of food that is proper for them. The be directed to three distinctive characteris According to the "Densmorian Theory," ties peculiar to animals according to the as the new cult is called, and whose dis- food designed for them by nature. These ciples, in addition to teaching, do not hesitate characteristics are expressed in: First, the to optimistically prophesy that all agriculteeth; second, the alimentary canal; third,

to its natural beauty will be the diet of the moiars, and their jaws move only up and coming race." The head and front of the "natural food" teeth are sharp pointed, the canines of f circumstances degenerated into the ranks | incisors, deficient canines and true molars or grinders with jaws moving sideways to open the year accommodation by and confine him- grind and ruminate their food. The self, not to a vegetarian, but to a strictly frugivora, with the Simian or man-like apea that sickness or ill health would be unforemost incisors to the last molars, par ticularly suited to cut and grind succulent

pose than for surgery will be unknown."

globular; that of fruit eaters is larger, and in shape considerably broader; that of the

ing healthful, but not excessive labor, about the carnivora or herbivora. Here again twenty-one to twenty-two ounces of dried the body of man is absolutely that of the

the brain or nervous system, and a smal percentage of saits for the bony structure. All of these are found happily combined in the structure of hallocks, sheep or pies.

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"The results of the herbivora, turned into carnivora, are productive of disease, and often fatal. Fruit-eating monkeys, when in grapes, apples, etc., nature provides a distilled water; the fruitarian, therefore, has only to add a small quantity of figs.

"The results of the herbivora, turned into carnivora, turned into carnivora, are productive of disease, and often fatal. Fruit-eating monkeys, when in confinement and turned into fiesh-eaters, will not live long; on the other hand the change of the carnivora to fruit and vegetable eaters is usually singularly favorable.

SIMPSON TERRACE.

SIMPSON TERRACE.

SIMPSON TERRACE. table eaters is usually singularly favorable,

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